



Chicken Pizza Sauté

Serves 4

Opt for this creative one-dish meal when you crave the flavor of pizza but want less cholesterol, fats, sodium, and calories than you get with traditional pizza.

- 3 ounces dried medium whole-grain pasta shells (about 1 1/4 cups)
- 1 tablespoon olive oil
- 12 ounces ground skinless chicken breast
- 1 teaspoon fennel seeds, crushed
- 1 teaspoon dried oregano, crumbled
- 1 medium clove of garlic, minced
- 8 ounces button mushrooms, sliced (about 2 cups)
- 1 medium bell pepper (any color), thinly sliced
- 1/2 medium red onion, thinly sliced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup shredded or grated low-fat mozzarella cheese

Cook the pasta using the package directions, omitting the salt. Drain well in a colander. Cover to keep warm. Set aside.

Meanwhile, in a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Add the chicken, fennel seeds, oregano, and garlic, stirring to combine. Cook for 6 to 7 minutes, or until the chicken is almost cooked through.

Stir in the mushrooms, bell pepper, and onion. Cook for 5 minutes, or until the bell pepper and onion are tender, stirring occasionally.

Stir in the tomatoes with liquid, salt, and pepper. Bring to a simmer and simmer for 5 minutes, stirring occasionally.

Spoon the pasta onto each plate. Ladle the cacciatore on top. Sprinkle with the mozzarella.

Nutritional Analysis

Serving Size: 3/4 cup chicken mixture and 1/3 cup pasta

Calories	308
Fat	8.5g
Saturated Fat	2.0g
Trans Fat	0.0g
Polyunsaturated Fat	1.0g
Monounsaturated Fat	4.0g
Cholesterol	65mg
Sodium	609mg
Carbohydrates	27g
Dietary Fiber	6g
Sugars	7g
Protein	31g

Dietary Exchanges: 1 starch, 2 vegetable, 3 1/2 lean meat